



Dickson County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Dickson County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Dickson County School System that includes:

- School Health Advisory Committee
- Fourteen Healthy School Teams
- School Health Policies strengthened or approved include wellness, nutrition, PE/PA, school vending and student/family/community involvement.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$36,253.75.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Dickson and Charlotte Lions Club | ➤ Charlotte Cumberland Presbyterian Church |
| ➤ Dickson County Health Council | ➤ First Baptist Church of Dickson |
| ➤ Dickson Athletic Club | ➤ Dickson County Woman's Club |
| ➤ Dickson Medical Associates | ➤ First Free Will Baptist Church of Dickson |
| ➤ Dickson Pediatric Dentistry | ➤ Dickson Good Morning Rotary |
| ➤ Tennessee Technology Center | ➤ Tri-Star Bank |
| ➤ Horizon Medical Center | ➤ Life Source |
| ➤ Local Emergency Management Coalition | ➤ St. John Lutheran Church |
| ➤ First United Methodist Church | ➤ Dickson Community Faith Based Clinic |
| ➤ United Way of Dickson | ➤ Cross-Point Church |
| ➤ TNCEP of Dickson | ➤ Mt. Lebanon United Methodist Church |
| ➤ TENNder Care | ➤ Charlotte Fagen's Methodist Church |
| ➤ Dickson County Help Center | |
| ➤ Second Harvest Food Bank of Middle Tennessee | |
| ➤ Worley Furnace Baptist Church | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as PTA, student health screens, field days, health fairs and food drives supporting the “Food for Kids” backpack program. Currently, 82 parents are collaborating with CSH.

Students have been engaged in CSH activities such as nutrition and health service learning projects, “Kick Butts Day”, and student health fairs. Approximately 371 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Dickson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2891 students in 2010-2011 school year with 151 students referred for vision, 389 for dental and 27 for further hearing tests;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA – 48% were overweight or at risk of becoming obese and 30% were classified as obese using the Centers for Disease and Control BMI Child Calculator.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include new playground equipment, physical education curriculum and supplies such as balls, tennis racquets, Wii systems, comprehensive health education curriculum, fitness equipment and materials for use in student health fairs;

Professional development has been provided to school health staff. Examples include Michigan Model for comprehensive health education for school counselors, Take 10! training for classroom and physical education teachers. Physical education teachers were also able to attend the annual Tennessee Association for Health, Physical Education, Recreation and Dance;

School faculty and staff have received support for their own well-being through discounted memberships to the local fitness center as well as on-site fitness rooms located in 5 schools.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Growing Up Program, dental exams, preventative services and sex education classes by Dickson County health department, annual student health screens, American Heart Association, American Cancer Association, 4-H, DARE, personal safety, Red Cross Blood Drive;
- Physical Education/Physical Activity Interventions – TAPHERD convention, Take 10! training, Jump Rope for Heart, and Walk Across America;

- Nutrition Interventions – Registered Dietician providing classes to students and staff, Power U, 4-H, “Food for Kids’ Back Pack program, service learning;
- Mental Health/Behavioral Health Interventions – Michigan Model training, bullying prevention.

In such a short time, CSH in the Dickson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator:

Sherrie Grove
615-446-7571 x16600